



I was in Bury yesterday and they have an award winning market. I spotted a fresh Mallard for £2.99 so we revisited a recipe we created in February, with a few additions. It's a while since we were all cheffy in the kitchen because I've been away. This is a recipe well worth having a pop at if you happen to come across some Duck breasts.

[The original recipe is here](#)

Our improved version??

Ingredients:-

2 Duck Breasts (I cut and scored these from the bird. The remainder will but be Tiggy fodder and we'll have Duck fat for roast Potatoes and some outstanding Duck stock)

1 ½ tsp Garam Masala

1 tsp Grated fresh Ginger

2 cloves of Garlic, grated

Oil to fry

Fresh ground Black Pepper

1 tbsp Butter / Margarine

1 tsp Cumin seeds

100g Basmati Rice

800ml Chicken Stock

85g Frozen Peas

A bunch of Spring Onions, finely chopped

Foraged Chive flowers (Not really needed, but they added a bit of colour contrast)

Home made Plum sauce (See below)

Method:-

- (1) Score the Duck skin and rub with Garam Masala, Ginger and ground Black Pepper.
- (2) Chill for 30 minutes to allow the marinade to flavour the meat.
- (3) Heat the oven to 200c.
- (4) Gently fry the Duck breasts skin side down until the fat runs out.
- (5) Transfer to a baking dish skin side up then leave to rest.
- (6) Melt butter in a large pan. Add Cumin seeds and fry for 2 to 3 minutes then add the garlic.
- (7) Transfer the Duck breasts into the oven.
- (8) Stir in the Rice.
- (9) Pour over the Stock and simmer for 10 minutes.
- (10) Add Peas in the last 4 minutes.
- (11) When the liquid has absorbed folk through and add the Spring Onions.
- (12) Season to taste.
- (13) Slice the Duck breasts and serve on a bed of the Rice dressed with sliced Spring Onions, Chive flowers and Plum sauce.

Plum sauce

Ingredients:-

½ of frozen foraged Plums (A punnet of red supermarket Plums will do the trick!)

1 tbsp Wholegrain Mustard

1 tbsp Sugar

3 tbsp Spirit Vinegar

Method:-

- (1) Add all the ingredients to a pan and bring to the boil.
- (2) Reduce the heat to simmer for 40 minutes.
- (3) Press through a sieve.
- (4) Return to the heat just before serving.

If we were asked to pay £19.95 in a restaurant for this dish we would happily have paid it, if we had the money. But instead we created it at home for less than £4 for two of us and we have Risotto left for the foundation for tomorrows meal.